**Examples of consciousness as a psychological construct**

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**The Mind-Body Problem:**

What is the mind? What relationship does the mind have with the brain?

Although we know that the brain is crucial to behaviour, our understanding of the relationship between the brain and mind is not clear.

The question remains:

‘Is the mind a separate entity from the brain and the body?’ or ‘Are they one and the same thing?’

**Rene Descartes (1596-1650)**

Most Greek philosophers believed that the mind and body were separate entities and that the mind could control the body but the body could not influence the mind.

Descartes also viewed the mind and body as two distinct systems and his theory became known as **DUALISM.**

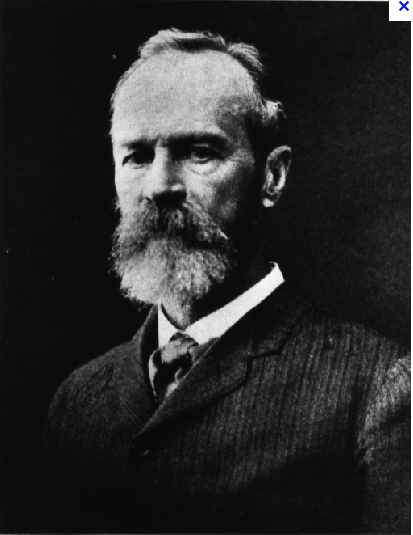
**Summarise Descartes DUALISM THEORY page 97-98 text**

**William James (1842-1910)**

James likened our consciousness to a stream because the contents of it are continuously moving and changing just as the water in a stream continuously flows.

Sensations, thoughts, feeling and perceptions continually change and merge into one another without ceasing, just as water does in a flowing stream.

Consciousness is, therefore: continuous and changing, as it goes on without stopping and its contents blend into one another; subjective or personal, because it incorporates our perceptions of our internal feelings/thoughts, and of our immediate external environment; and selective, as we can choose to focus on some things and ignore others

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**A SNAPSHOT OF CONSCIOUSNESS**